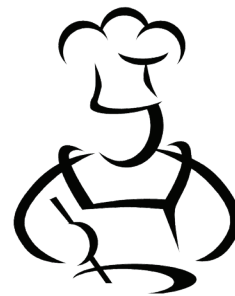




Chef Charles Says...



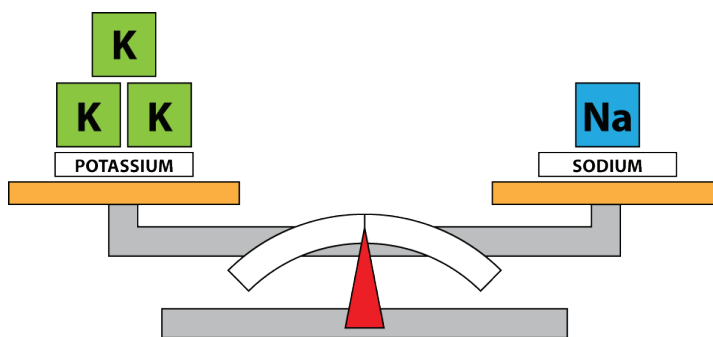
July

Get The News Balancing Sodium and Potassium

Eating more potassium works in concert with a low-sodium diet to lower blood pressure. Potassium is essential not only for heart health, but for the skeletal and muscle systems as well. The balance or ratio that your body maintains is about three parts potassium and one part sodium. Eating too much sodium in your diet may increase your need for potassium.

Controlling sodium/salt intake can help prevent fluid retention and prevent or control high blood pressure. Another way to lower blood pressure is to consume a diet rich in potassium. The recommended intake

of potassium for adults is 4,700 mg per day or 1566 mg per meal. (This is the amount in an average meal served at a congregate site.) Potassium should come from food sources. Potassium-rich fruits and vegetables include leafy green vegetables, fruit from vines, and root vegetables. Meat, milk, and cereal products also contain potassium.



The chemical symbol for potassium is K from its Latin root *kalium*. The symbol for sodium, Na, also comes from a Latin word, *natrium*.

Be Active Stay Cool When You Work Outdoors

Heat stroke is the most severe type of heat exhaustion, often resulting from exercise or heavy exertion in hot environments combined with inadequate fluid intake. If you work outdoors in hot weather, it is important to know how to reduce your risk of heat stroke.

- ◆ Wear loose fitting, lightweight, light-colored clothing.
- ◆ Drink plenty of fluids, even if you are not thirsty. A good rule is to drink two to four 8-ounce glasses of cool fluids each hour.
- ◆ Avoid drinking alcohol or sugary drinks.
- ◆ Rest frequently in a cool spot.
- ◆ If possible, work with a buddy so you can monitor each other for signs of heat stress, such as heavy sweating or a rapid pulse.
- ◆ Plan your outdoor work early in the day, before 10 a.m.

Chef Charles Asks the Questions

How do I keep my sodium below 1500 mg a day?

Read the Nutrition Facts Label and look for the sodium. Look for products that have no more than 140 mg of sodium per serving, the amount that is considered 'low sodium' by the FDA. And stick with the recommended serving size.

Consume no more than one food a day containing 480 mg of sodium or more per serving, the limit FDA allows on foods labeled as 'healthy.'

Have a congregate meal which contains less than 1000 mg as your main meal for the day.



Developed by:
Iowa Department of Public Health, www.idph.state.ia.us/nutritionnetwork
Iowa State University Extension, www.extension.iastate.edu
Iowa Department on Aging, www.state.ia.us/elderaffairs

Information & resources for seniors with home & family questions - ISU AnswerLine 1-800-262-3804

Food Safety Basics for Fruits and Vegetables

Your goal is to eat more fruits and vegetables daily. Handling produce to minimize your risk of food borne illness is important. Remember to:

- ◆ Carefully select fresh fruits and vegetables. When shopping, look for produce that is not damaged or bruised and make sure that pre-cut produce is refrigerated or surrounded by ice.
- ◆ Clean all surfaces and utensils that will come in contact with the produce. Use soap and hot water to clean cutting boards, peelers, and counter tops.
- ◆ Wash hands with soap and warm water.
- ◆ Rinse fresh fruits and vegetables. All produce should be cleaned under running water even if you are not eating the skin. This step removes dirt or bacteria. Remove the outer leaves of leafy veg-

etables such as lettuce and cabbage before washing. Produce with firm skin, such as potatoes, may require

rubbing with a vegetable brush while rinsing under clean running water to remove soil.

- ◆ Packaged produce labeled "ready to eat," "pre-washed," or "triple-washed" are safe to eat without washing.
- ◆ Dry fruits and vegetables with a clean paper towel.



Pick a Better... Low Sodium Diet

- ◆ Rinse canned foods like canned tuna, vegetables and other foods to wash away salt. For example, a half cup of canned beans contains about 350 to 500 mg of sodium. Draining and rinsing beans will cut that by about one third. If you buy low-sodium beans make sure to rinse them as well to remove the sodium. Dry beans that you soak have little sodium.
- ◆ Choose fresh foods whenever possible. Food processing almost always boosts sodium. For example, a medium plain baked potato contains about 20 mg of sodium, while a medium serving of French fries has about 10 times the sodium, and a cup of potatoes au gratin from dry mix has 50 times the sodium.
- ◆ Read labels to compare the amount of sodium. Remember that reduced-fat foods, such as low-fat cheese, often have more sodium than the regular.
- ◆ Cook from scratch at home and

cut back on salt added to dishes while cooking and at the table.

- ◆ Limit processed snack foods.
- ◆ Reduce the use of condiments like soy sauce, dressings, mustards and sauces like barbeque and tartar sauce.



- ◆ Limit the use of cured, processed meats like ham and luncheon meats.
- ◆ Taste for saltiness when you cook. Be sure to sample a large enough portion to cover the middle and sides of the tongue. The tip of the tongue is less sensitive. Also be sure to cool the bite before tasting, as high heat will dull taste buds.
- ◆ Select herbs such as basil, chives, parsley, dill, oregano, sage, mint, thyme, ginger and

tarragon. Most herbs are best fresh, but some herbs are also good dried and all add flavor and color.

- ◆ Include spices such as black pepper, paprika, turmeric, cumin and cinnamon. Find your favorites and buy high-quality, fresh spices with an aroma that pleases you.
- ◆ Squeeze the juice of a lemon or lime over baked chicken or a pot of vegetable soup to enhance flavor.
- ◆ Enjoy garlic, fresh roasted or sautéed.
- ◆ Try making salad dressings by following this formula:
 - Two-thirds oil
 - One-third flavored vinegar or fruit acid
 - A tiny amount of sweetness like honey
 - Fresh herbs
- ◆ Some dishes don't need salt at all. Dishes that contain aged cheeses and salty ingredients usually have more than enough salt already.



Think you will miss salt? Research suggests that after six to 12 weeks of a low-sodium diet, the high-sodium foods you once loved may taste too salty. In addition to reducing sodium, health experts urge a diet full of fruits, vegetables and fresh meats, and low in processed foods. The DASH (Dietary Approaches to Stop Hypertension) diet is one example of a healthful eating pattern. It is rich in fruits, veggies, whole grains, nuts, seeds, dry beans, and non-fat/low-fat dairy foods. A DASH-style diet is also high in potassium, magnesium, calcium and fiber, which combine to lower blood pressure.



Watermelon Pops

- Wash watermelon under running water.
- Cut watermelon into 1" X 4" sticks.
- Insert a coffee stirrer, plastic spoon/fork or popsicle stick into a stick of watermelon.
- Place on cookie sheet to freeze. Once frozen, remove from sheet, place in plastic bag and store in freezer.

Pick a **better** snack™



Italian Zucchini

Zucchini and tomatoes make a great side dish with grilled chicken. You can use no salt added canned tomatoes, but fresh ones add a lot of flavor.

2 medium zucchini (3 ½ cups)

1 tablespoon olive oil

1/2 cup onion, chopped

¼ teaspoon garlic powder

¼ teaspoon black pepper

1/4 teaspoon oregano

1 cup tomatoes, chopped

Use garlic powder not salt for flavor without added sodium.



Cut zucchini in half lengthwise, then each half into thirds crosswise. Heat oil in a skillet. Add zucchini, cut-side down and cook until lightly browned. Add onion and seasonings. Top with tomatoes. Cover and cook over medium heat until squash and onion are tender and sauce is slightly thickened. Makes three servings.

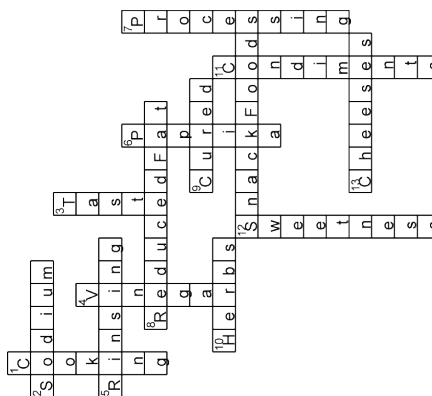
85 calories; total fat 5 gm; 19 mg sodium; 555 mg potassium; 10g carbohydrate; 3 g fiber; 3g protein; 166mcg folate

Resource

If you have a food safety question about meat, call the USDA Meat and Poultry Hotline at

1-888-MPHOTLINE (1-888-674-6854) or send an e-mail to MPHotline.fsis@usda.gov.

Answers



C O N S U M I N G		T H E		R E C O M M E N D E D	
23	25 13 5 15 1 14 13 17	22	10 24	12 24 23 25	1 1 24 13 2 24 2
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3	1 25 15 12 25 9	21	25 22 3 5	5 14 15 1	24 3 23 10
W I L L H E L P		M A I N T A I N		A H E A L T H Y	
2 3 4	6 14 18 18 10 24 18 21	1 3	14 13 22 3 14 13	3	10 24 3 18 22 10 4
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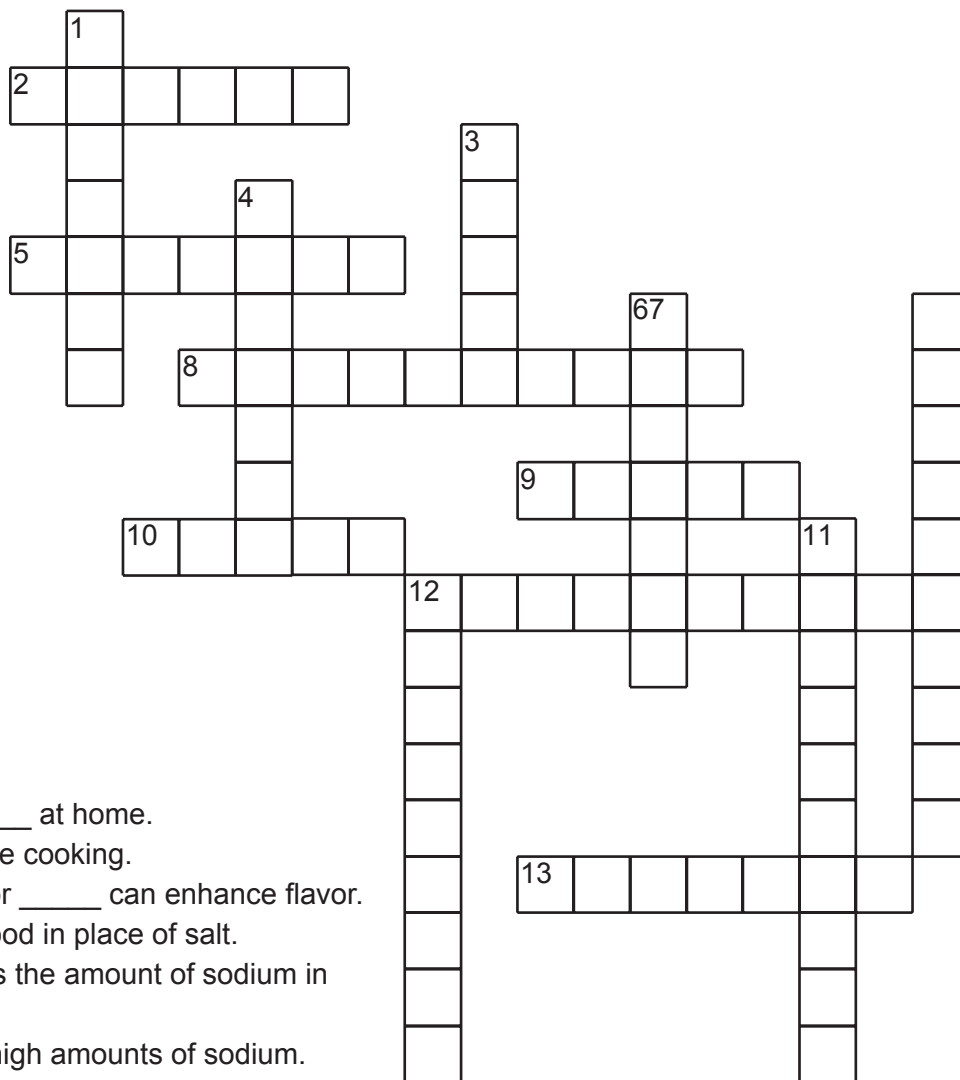
SALT SOLUTION

Across

2. Dry beans have little _____.
5. _____ canned foods may reduce the sodium content by one-third.
8. _____ foods may contain more sodium.
9. _____ processed meats like ham have a high sodium content.
10. _____ such as tarragon may be used to season foods instead of salt.
12. _____ should be limited.
13. Aged foods such as _____ add saltiness to food.

Down

1. Control the amount of sodium by _____ at home.
3. _____ food to avoid over salting while cooking.
4. Adding acidity, such as lemon juice or _____ can enhance flavor.
6. _____ is a spice that can enhance food in place of salt.
7. Food _____ almost always increases the amount of sodium in food.
11. _____ like soy sauce may contain high amounts of sodium.
12. Add a little _____ with honey to vinegar and oil dressing.



KEEP YOUR BALANCE

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
3	16	23	2	24	9	17	10	14	8	26	18	1	13	25	21	11	12	5	22	15	19	6	20	4	7

23 25 13 5 15 1 14 13 17 22 10 24 12 24 23 25 1 1 24 13 2 24 2

3 1 25 15 13 22 25 9 21 25 22 3 5 5 14 15 1 24 3 23 10

2 3 4 6 14 18 18 10 24 18 21 1 3 14 13 22 3 14 13 3 10 24 3 18 22 10 4

16 18 25 25 2 21 12 24 5 5 15 12 24



This material was funded by the Iowa Nutrition Network and USDA's Food Assistance Program. The Food Assistance Program provides nutrition assistance to people with low income. Food Assistance can help you buy nutritious foods for a better diet. To learn more about Iowa's Food Assistance Program, contact your local county Department of Human Services office. Call 2-1-1 to find out how to contact your local office. Information also can be found at www.yesfood.iowa.gov. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202)720-5964. USDA is an equal opportunity provider and employer.